



# Garlic-Chilli Barramundi & Olive Couscous Salad

with Chilli Flakes & Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato/Kumato



Baby Spinach Leaves



Kalamata Olives



Garlic



Chilli Flakes (Optional)



Chicken-Style Stock Powder



Lemon Pepper Seasoning



Couscous



Barramundi



Greek-Style Yoghurt



Fetta Cubes

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Eat Me First

New flavour alert: Take barramundi to the next level by adding a garlic-chilli oil to take things up a notch. To cool things down, lemon-pepper couscous is the perfect addition, especially when topped with Greek-yoghurt.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato/kumato	1	2
baby spinach leaves	1 medium bag	1 large bag
kalamata olives	1 packet	2 packets
garlic	1 clove	2 cloves
chilli flakes (optional)	pinch	pinch
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
lemon pepper seasoning	1 medium sachet	2 medium sachets
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1876kJ (448Cal)	565kJ (135Cal)
Protein (g)	35.5g	10.7g
Fat, total (g)	14.5g	4.4g
- saturated (g)	4.2g	1.3g
Carbohydrate (g)	42.1g	12.7g
- sugars (g)	6.6g	2g
Sodium (mg)	1199mg	361mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2016kJ (482Cal)	585kJ (140Cal)
Protein (g)	37.7g	10.9g
Fat, total (g)	17.3g	5g
- saturated (g)	6g	1.7g
Carbohydrate (g)	42.1g	12.2g
- sugars (g)	6.6g	1.9g
Sodium (mg)	1412mg	410mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Roughly chop **tomato**, **baby spinach leaves** and **kalamata olives**.
- Finely chop **garlic**.
- In a medium heatproof bowl, add **garlic**, **chilli flakes** (if using), a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Microwave in **10 second** bursts, until fragrant.



## Cook the barramundi

- Meanwhile, pat **barramundi** dry with a paper towel and season generously on both sides.
- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **3-5 minutes** each side (depending on thickness).

**TIP:** *Patting the skin dry helps it crisp up in the pan!*



## Make the couscous

- In a medium saucepan, combine the **water**, **chicken-style stock powder** and **lemon pepper seasoning** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



## Make the salad & serve up

- Add tomato, spinach, olives and a drizzle of olive oil and **white wine vinegar** to the pan with couscous. Toss to combine and season to taste.
- Divide lemon pepper couscous salad between bowls. Top with barramundi. Drizzle over garlic-chilli oil.
- Serve with **Greek-style yoghurt**. Sprinkle over any remaining **chilli flakes** (if using) to serve. Enjoy!

**Custom Recipe:** If you've added fetta cubes, crumble fetta cubes over couscous salad to serve.

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)